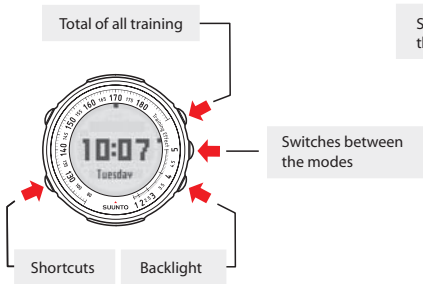


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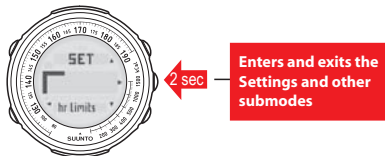
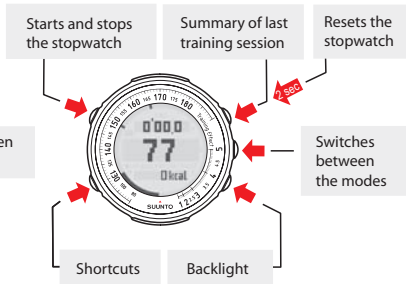
**SUUNTO**  
**t1**  
USER'S GUIDE

  
**SUUNTO**

## Time mode



## Training mode



## **WELCOME**

Congratulations on choosing Suunto t1 as your training companion. The Suunto t1 is a high-precision heart rate monitor designed to make your training as beneficial and enjoyable as possible.

Suunto t1 makes heart rate zone training more illustrative than ever before, accurately measures the calories you burn during the workout, and keeps track of your training history. It also includes a number of advanced training functions that enable the product to grow with your increasing demands.

This User's Guide is here to help you get the most out of your training with Suunto t1. Please read through it to make using your new Suunto t1 even more fun and interesting.

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# 1. GETTING STARTED

The buttons are named on the back of the device according to the functions they perform. However, in this user's guide the names are simplified as shown in the table below.

Name on back of device	Name in User's Guide
+ / lap	UP
Mode	ENTER
- / Light	DOWN
Alt / Back	BACK
Start / Stop	START

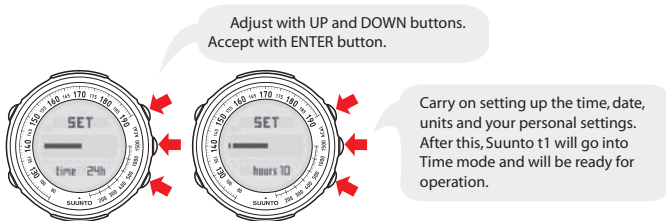
In Totals and Summary, small arrows on the screen indicate the buttons that you can navigate with. The buttons' functions depend on the length of the press. A short press is less than 1 second, and a long press is more than 2 seconds. Throughout this user's guide, the following symbols are used to indicate short and long presses.

	Short press
	Long press

## 1.1. Setting up Suunto t1

When you press a button on your new Suunto t1 for the first time, you will be asked to define some basic settings. Use the UP and DOWN buttons to change the values, accept and move to the next item by pressing the ENTER button.

The figure below shows you how to set up your device for the first time.



### NOTE

*Your maximum heart rate is determined using the formula  $210 \text{ minus } 0.65 \text{ times your age}$ , which is automatically calculated from the date of birth that you enter. If you know your real maximum heart rate, you should use that instead of the calculated value.*

## 1.2. Activity class (act class)

**Important:** Your activity class is another one of the settings that you are asked to define when you set up your device for the first time. Your activity class is a measure of your current activity level. By entering your current activity class (1 - 10) into your Suunto t1, the device will be able to

give much more accurate calorie consumption information. As the amount and/or intensity of your physical activity increases, you should keep your activity class updated by changing the value when necessary. See the table below for information on determining your activity class.

Activity description		Activity class
No regular participation in recreational sports or heavy physical activity.	Always avoid exertion, whenever possible.	0
	Walk for pleasure, routinely use stairs, occasionally exercise sufficiently to cause heavy breathing or perspiration.	1
Regular participation in recreation or work requiring modest physical activity, such as yard work, nordic walking or moderate-intensity cycling.	10 - 60 minutes per week	2
	Over 1 hour per week	3
Regular participation in heavy physical exercise, such as running, aerobic classes or high-intensity cycling.	Less than 30 minutes per week	4
	30 - 60 minutes per week	5
	1 - 3 hours per week	6
	Over 3 hours per week	7
Endurance athlete (Regional level)	5 - 7 hours per week	7.5
	7 - 9 hours per week	8
Endurance athlete (National level)	9 - 11 hours per week	8.5
	11 - 13 hours per week	9



Activity description		Activity class
Endurance athlete (International level)	13 - 15 hours per week	9.5
	More than 15 hours per week	10

### 1.3. Suunto t1 at a glance

#### Time mode



In Time mode you can:

- view time
- change shortcuts
- go to totals
- go to settings

#### Training mode



In Training mode you can:

- use the stopwatch
- view your heart rate
- change shortcuts
- go to summary
- go to settings

#### Settings menu



In Settings menu you can change values for:

- heart rate limits
- heart rate zones
- time and date
- general
- personal

In Time and Training modes, a long press of the ENTER button takes you to Settings. In Time mode, a short press of the UP button takes you to Totals, whereas in Training mode, a short press of the UP button accesses Summary. The figure below shows the functionality of both submodes.

### Summary (from Training mode)



In Summary you can view your last session's:

- duration
- calorie consumption
- average heart rate
- peak heart rate
- time spent in and out of zones and limits

### Totals (from Time mode)



In Totals you can view the total values of your sessions for:

- this week
- last week
- this month
- last month

## 1.3.1. Time mode

Here you can see the functionality of the buttons used in Time mode. This will help you get started with using the basic functions of your Suunto t1. Additionally, you will find options for the shortcut, which is in the bottom line of the display.



### The light

The light can be activated in both Time and Training mode at any point by short pressing the DOWN button. If you want to use the light in Settings, Summary or Totals, the light must be activated before entering them.

### The alarm snooze

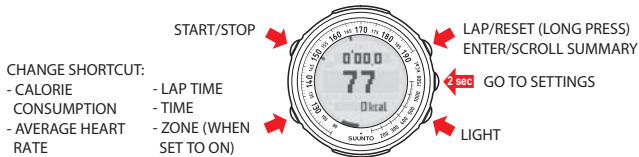
Only the BACK button deactivates the alarm; pressing any other button activates the snooze function, which lasts for 5 minutes. The snooze function can be activated 12 times, after which the alarm will be deactivated until the set time the following day.

Pressing the BACK button switches off the alarm.



### 1.3.2. Training mode

Here you can see the basic functionality of the buttons used in Training mode as well as options for the shortcut, which is in the bottom line of the display.



The stopwatch is accessed by pressing the START button in Training mode. It can be seen in the top row in Training mode. The information from the training that you time with the stopwatch, such as heart rate and calorie consumption, is stored and can later be seen in Totals and Summary. **Therefore, you should activate the stopwatch, and ensure you have a heart rate reading, whenever you start a training session.**

Pressing the START/STOP button starts the stopwatch and calculation of amount of calories consumed.



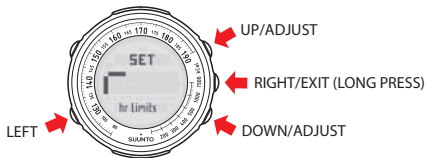
Pressing the START/STOP button again stops the stopwatch.



While the stopwatch is running, you can take up to 99 lap times, the first 30 of which are stored in the memory, by pressing the UP button.


### 1.3.3. Settings

Navigating in the Settings menu is very easy. Follow the position of the blinking empty box and you will know exactly where in the Settings menu you are.



Take a look at the following table showing the different Settings and the items you can define in them.

Symbol	Setting	Options					
	Heart rate limits	Heart rate limits: on/off	Lower limit	Upper limit	Alarm: on/off		
	Heart rate zones	Heart rate zones: on/off	Zone 1: lower/ upper %	Zone 2: upper %	Zone 3: upper %	Tones: on/off	
	Time/date	Alarm: on/off	Alarm time: hour/min	Time: hours/ minutes/ seconds	Dual time: hours/ minutes	Date: year/ month/ day	
	General	Tones: on/off	Heart rate: bpm/%	Weight: lb/kg	Height: ft/cm	Time: 12h/24h	Date: mdd /ddmm

Symbol	Setting	Options					
	Personal	Weight	Height	Activity class	Max heart rate	Sex	Date of birth

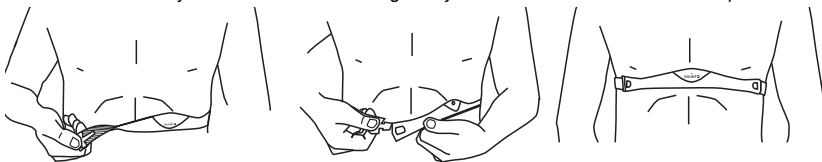
Please refer to Section 2.2 Settings for more information on how to define the device's settings.

## 2. BEFORE TRAINING

### 2.1. Putting on the heart rate transmitter belt

The heart rate transmitter belt is an integral part of Suunto t1's functionality, so it's important that you know how to wear it correctly.

We recommend that you wear the transmitter against your bare skin to ensure flawless operation.



- The electrodes must be wet during the exercise. Raise the transmitter a little off your chest and moisten the electrode area on the side in contact with your skin.
- Check that the wet electrode areas are firmly against your skin and that the logo is in a central upright position.
- Enter Training mode. (Your heart rate will not be visible until you enter Training mode.)

Whenever you enter Training mode or start the stopwatch, your Suunto t1 automatically searches for signals from a heart rate belt. Once the device has found the signals, your heart rate will be displayed in the center of the screen.

### **2.1.1. Heart rate signal troubleshooting**

Although the heart rate transmitter belt can be used with gym equipment like treadmills and training bikes, using the belt near overhead power lines or some magnetic or electronic devices may cause interference with the belt's signal. If you can't see a heart rate signal, or lose the signal, try these steps to fix the problem.

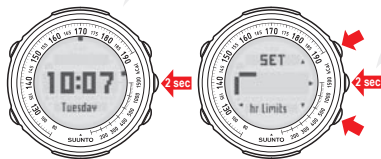
- Exit and then re-enter Training mode.
- Make sure that you are wearing the heart rate transmitter belt correctly. (See section 2.1.)
- Ensure that the electrode area on the back of the belt is slightly wet.
- Move away from any potential source of interference.
- If you have been using the belt for some time, the battery may need changing. For instructions on how to change the transmitter belt's battery, see section 5.4.2.

## **2.2. Settings**

Before you are able to make the most of your Suunto t1, it's worth taking some time to personalize it to suit your individual needs. If you have already defined the settings based on the information given in Section 1, you can skip to section 3.

To recap, this figure shows how to enter the Settings menu and its different items.

Long press the ENTER button in Time or Training mode to enter the Settings menu.



Use UP and DOWN buttons to toggle between the following setting submenus: heart rate limits, heart rate zones, time/date, general and personal. Long press the ENTER button to exit the Settings menu.

## NOTE

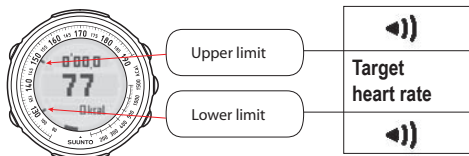
*Remember that you can see where you are within the Settings menu by following the flashing bar in the navigational aid.*

### 2.2.1. Heart rate limit settings

In the Heart Rate Limit menu, you can set the heart rate limits on or off, define the upper and lower limits, and set the heart rate alarm on or off. You can set the heart rate limits to help you stay within a defined heart rate range, which you can set to match the goal of your training. The heart rate limits are displayed with dots on the left outer rim of the display.

While training, your real-time heart rate is displayed in both the center of the screen and on the left outer rim. If the average heart rate shortcut is selected, your real-time average heart rate per lap is displayed in the bottom row as either beats per minute or a percentage of your maximum heart rate. In the Settings menu, you can set alarms to notify you when you go above your set upper heart rate limit or below your set lower heart rate limit.





When the Limit alarm is on, Suunto t1 gives you an alarm when your heart rate rises above the upper limit or drops below the lower limit. The alarm continues until you return to your target heart rate range.

By checking your average heart rate you can adjust your training intensity to make sure the session is as effective as possible.

### 2.2.2. Heart rate zone settings

In the Heart Rate Zone menu, you can define the 3 heart rate zones and set the tones on or off. The 3 heart rate zones are useful in training as they record how much of your training is spent within specific heart rate zones, or if you want to give yourself a long enough warm-up, or keep your heart rate at an optimum level for fat burning.

After training, you can see how much of the session was spent in each zone. Each zone is a range of heart rates expressed as a percentage of your maximum heart rate (which is calculated based on the age you enter in the Personal settings menu). Accept the settings with a short press of the ENTER button, which also moves you on to the next menu item.

The default heart rates for zones 1-3 are 60-70%, 70-80%, and 80-90% of your maximum heart rate, but if you are following a specially designed training program, enter the zone values that have been tailored towards your individual goals. The benefits of training in each default zone are shown in the table below.

Heart rate zone	Default setting	Main benefit
Zone 1 (Fitness Zone)	60 - 70% of maximum heart rate	Improves your basic endurance, aerobic fitness, and helps you in weight control (fat burning zone)
Zone 2 (Aerobic Zone)	70 - 80% of maximum heart rate	Improves your aerobic fitness. This is the preferred zone if you are training for an endurance event.
Zone 3 (Threshold Zone)	80 - 90% of maximum heart rate	Improves your maximum aerobic capacity, and lactate tolerance ability - meaning your maximum endurance will improve and you'll be able to fight fatigue better.

## NOTE

*The heart rate zone defaults follow the guidelines of the American College of Sports Medicine for exercise prescription.*

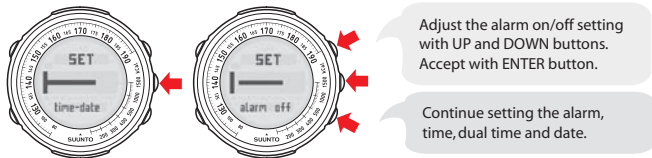
The device alerts you with a beep when you move from one zone to another so you can modify your training accordingly.

Above zone 3	◀))	<p>When the Zone tone is on, Suunto t1 beeps when your heart rate moves from one zone to another, rises above zone 3 or drops below zone 1.</p>
Zone 3	◀))	
Zone 2	◀))	
Zone 1	◀))	
Below zone 1		

The average heart rate is also a useful measure during training where the heart rate levels vary a lot, such as biking in hilly terrain. In these cases, the target zone limits are less practical than the average heart rate.

### 2.2.3. Time/date settings

In the Time/date menu, you can set the alarm, time, dual time, and date. Accept the settings with a short press of the ENTER button, which also moves you on to the next menu item.

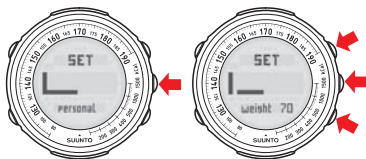


### 2.2.4. General settings

In the General menu, you can set the button tones on or off and choose the units and format the information is displayed in. Accept the settings with a short press of the ENTER button, which also moves you on to the next menu item.

### 2.2.5. Personal settings

In the Personal menu, you can enter personal information such as weight, height, activity class, maximum heart rate, gender, and date of birth. Accept the settings with a short press of the ENTER button.



Adjust the weight setting with UP and DOWN buttons. Accept with ENTER button.

Continue setting your height, activity class, maximum heart rate, sex and birth date.

## NOTE

*See the table in Section 1.2, Activity class, for information on activity class descriptions.*

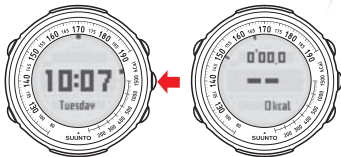
## 3. TRAINING

Once you have your Suunto t1 set up as you like it, it's time to get out and start training. For tips on how to maximize the effectiveness of your training, download Suunto Training Guidebook from [www.suunto.com/training](http://www.suunto.com/training).

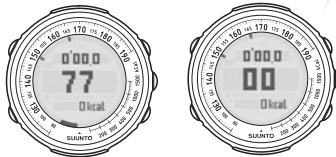
### 3.1. Connecting your Suunto t1 to the heart rate transmitter belt

Whenever you enter Training mode, your Suunto t1 automatically searches for signals from a heart rate belt. Once Suunto t1 has found the signals from your heart rate transmitter belt, your heart rate will be displayed in the center of the screen.

After switching to Training mode, Suunto t1 displays two bars while it is seeking the HR belt signal.



Instead of your heart rate, "00" is shown in the center of the display if no heart rate belt is found.



## 3.2. Stopwatch

The stopwatch is activated by short pressing the START button in Training mode. It can be seen in the top row in Training mode. The information from the training that you time with the stopwatch, such as heart rate and calorie consumption, is stored and can later be seen in Totals and Summary. **Therefore, you should activate the stopwatch, and ensure you have a heart rate reading, whenever you start a training session.**

Pressing the START/STOP button starts the stopwatch and calculation of amount of calories consumed.



Pressing the START/STOP button again stops the stopwatch.



While the stopwatch is running, you can take up to 99 lap times, the first 30 of which are stored in the memory, by short pressing the UP button.



Pressing the UP button, when the stopwatch is running, stores the split time and displays it in the top row of the Suunto t1. It also displays the average heart rate and shows the lap time. After 3 seconds the display jumps back to the stopwatch.



When the stopwatch has been stopped, you can either view the Summary of the most recent session or reset the stopwatch, as shown in the figure below. Resetting the stopwatch does not reset the Summary.



Pressing the UP button when the stopwatch is stopped takes you to the Summary display.



Long pressing the UP button when the stopwatch is stopped resets the stopwatch. Resetting the stopwatch doesn't reset the summary.

If your heart rate in the most recent session exceeded the maximum heart rate defined in Personal settings, Suunto t1 will ask if you want to update your maximum heart rate value after resetting the stopwatch.



If you want to update your maximum heart rate, press the DOWN button. Pressing the BACK button takes you back to the Training mode without updating your maximum heart rate.

#### NOTE

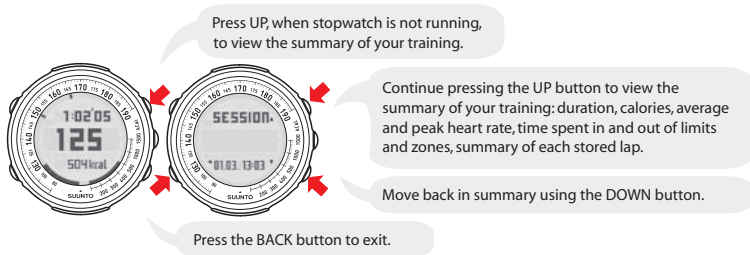
*Sometimes an excessive heart rate, much greater than 200 for example, can be caused by interference and therefore shouldn't be updated. See section 2.1.1 for information on possible sources of interference.*

## 4. AFTER TRAINING

Once you have finished your training, your Suunto t1 can provide you with detailed information on your performance. In this section, we'll look at the Totals and Summary functions, which are useful for reviewing your overall training progress and planning future sessions.

### 4.1. Training summary

Immediately after finishing your training, one of the first things you'll want to do is review all the data recorded during the session. You can see your peak heart rate, your average heart rate, how many calories you burned, how much time was spent in each zone, and more in the Summary submode. The training Summary can be accessed by short pressing the UP button in Training mode. You can use the DOWN and UP buttons to navigate in the menu.

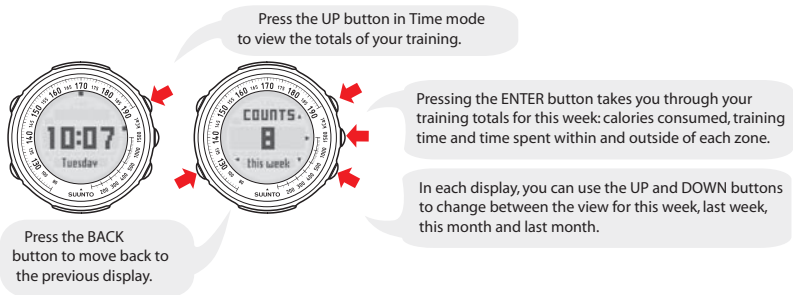


## 4.2. Training totals

In addition to the last training session, Suunto t1 stores the data recorded this week (Monday - Sunday), last week, this month, and last month. This information can be seen in the Totals submode, which is accessed by short pressing the UP button in Time mode.

When in the Totals submode, the word "Counts" appears at the top of the display. The figure below shows how to navigate within the Totals menu.





## NOTE

*Totals contains information about heart rate zones from sessions where the zones were set on and a signal from the heart rate belt was received.*

Once you have reviewed your data, you can exit Totals by long pressing either the ENTER or BACK button.

## 4.3. Suunto Training World

Suunto Training World, Suunto's training-specific Web site, is dedicated to helping athletes and fitness enthusiasts at all levels achieve their goals. You'll find this site the perfect training partner for running, cycling, aerobics, spinning, walking and the whole range of endurance and team sports.

Whether you're working toward a marathon, or aiming for weight loss and a healthy heart, Suunto Training World is a valuable resource for tips, news and inspiration.

Take a tour of the site at [www.suunto.com/training](http://www.suunto.com/training). Learn about new Suunto training products, gather training tips, participate in discussions, keep abreast of training news, and motivate yourself with the stories of Suunto Ambassadors.

## **5. CARE AND MAINTENANCE**

Your Suunto t1 is a precision instrument. By following a few common sense points, you can maximize the life of your device. If your Suunto t1 does require servicing, you should take it to your nearest Suunto representative. This section also describes the steps to follow when replacing the battery in the both the Suunto t1 and the transmitter belt.

### **5.1. General instructions**

- Only perform the procedures described in this user's guide.
- Never attempt to disassemble or service your Suunto t1.
- Always protect your Suunto t1 from shocks, hard and sharp objects, extreme heat and prolonged exposure to direct sunlight.
- If not in use, store your Suunto t1 in a clean and dry environment at room temperature.
- In order to prevent the face from becoming scratched, the device should not be stored in the bottom of a bag or other place where it could come into contact with hard objects.
- You can wipe your Suunto t1 clean with a cloth lightly moistened with warm water. If there are stubborn stains or marks, you can apply mild soap to the area.
- Do not expose your Suunto t1 to strong chemicals, such as gasoline, cleaning solvents, acetone, alcohol, insect repellents, adhesives and paint, as they will damage the unit's seals, case and finish.

## 5.2. Water resistance

Your Suunto t1 is water resistant up to 30m/100ft and the transmitter belt to 20m/66ft according to ISO 2281 standard ([www.iso.ch](http://www.iso.ch)). This means that you can use your Suunto t1 for swimming and other water sports activities but you must not use it for scuba diving or freediving.

To maintain water resistance and to ensure that the warranty remains valid, we strongly recommend that you have all service, except for battery change, performed by authorized Suunto service personnel.

### NOTE

*Never push the buttons while swimming or in contact with water. Pressing the buttons while the unit is submerged could cause the unit to malfunction.*

### NOTE

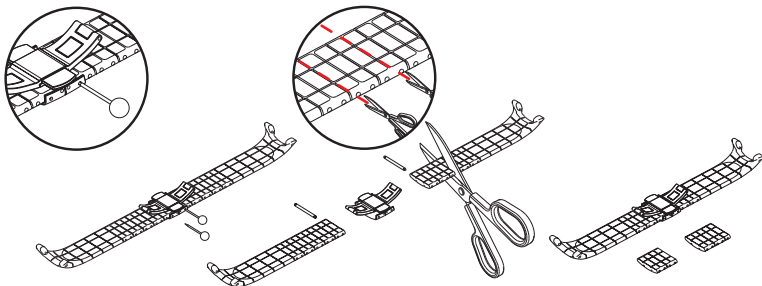
*Even though both the Suunto t1 and the transmitter belt are water-resistant, the radio signal does not carry in water, which makes the communication between Suunto t1 and the transmitter belt impossible.*

## 5.3. Changing the strap length

The strap length of some Suunto t1 models can be adjusted for a perfect fit. Follow the steps below:

- Remove the buckle by releasing the spring bars with a pin, paper clip or other sharp object.
- Remove both spring bars from the pin holes.
- Shorten the strap by cutting along the grooves on the inner surface. You can do this for instance with scissors. If you are unsure of the correct length, cut the pieces one by one and test the length after cutting each piece. Cut in turns from both sides of the strap to keep the sides equally long. Be careful not to shorten the strap too much.
- Replace the spring bars into the last pin holes of both sides of the strap.

- Attach the buckle to the strap by placing the spring bars into the holes in the strap. In both sides of the buckle are holes for two different positions. This can be used for fine tuning of the strap length. Make sure that the spring bars are positioned straight in the buckle.



## 5.4. Replacing the battery

Your Suunto t1 operates on a 3-Volt lithium cell, type: CR 2032. The life expectancy is approximately 12 months of operation with an average of 4 hours of training a week. The higher your average amount of training hours a week, the shorter the battery's life expectancy will be.

### NOTE

*To reduce the risk of fire or burns, do not crush, puncture or dispose of used batteries in fire or water. Only replace them with manufacturer-specified batteries. Recycle or dispose of used batteries properly.*

### 5.4.1. Replacing the battery of the Suunto t1

To replace the battery:

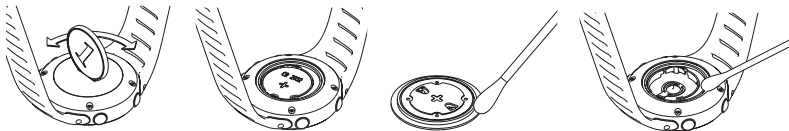
1. Use a coin to open the battery compartment on the back of your Suunto t1. Ensure that the O ring and all surfaces are clean and dry.
2. Remove the old battery.
3. Place the new battery into the battery compartment with the positive side facing up.
4. Slide the battery gently against the contact plate on the side, ensuring that it does not break or bend out of place.
5. When replacing the cover, rotate it carefully counter-clockwise with your thumb in order to align the threads. The cover should rotate easily at first without having to use force. If you have to use force right at the start, the threads are misaligned and the threads may be damaged.
6. Perform the final tightening with a suitably sized coin.

#### NOTE

*The markings on the cover may be left unaligned once the cover has been tightened. If the old cover is undamaged, it does not need to be replaced.*

#### NOTE

*If the threads of the battery compartment cover are damaged, please send your device to an authorized Suunto representative for service.*



## NOTE

*Replace the battery with extreme care to ensure that your Suunto t1 remains water resistant. Careless battery replacement may void the warranty.*

## NOTE

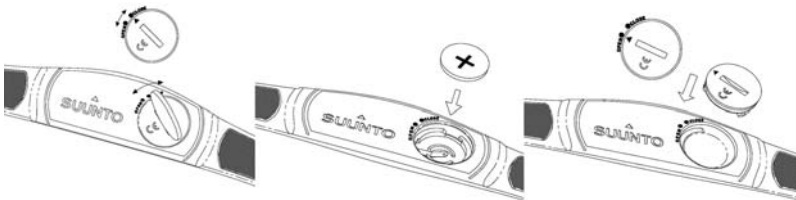
*Heavy use of the backlight will significantly reduce battery life.*

### 5.4.2. Replacing the battery of the heart rate belt

The average expected battery life of the transmitter belt is 300 hours of use in ideal operating temperatures. If your Suunto t1 does not receive a signal when the transmitter belt is active, you might need to replace the battery.

To replace the battery:

1. Use a coin to open the battery compartment cover on the backside of the transmitter belt. Ensure that the O ring and all surfaces are clean and dry. Do not stretch the O ring.
2. Remove the old battery.
3. Place the new battery into the battery compartment with the positive side facing up.
4. With the O ring in the correct position, replace the battery compartment cover.



**NOTE**

*We recommend that you replace the battery cover and the O ring simultaneously with the battery to ensure that the transmitter remains clean and water-resistant. Replacement covers for the belt are available with replacement batteries.*

## **6. TECHNICAL SPECIFICATIONS**

### **General.**

- Operating temperature: -20°C to +60°C/-5°F to +140°F
- Storage temperature: -30°C to +60°C/-22°F to +140°F
- Weight: 45 g/50 g/65 g (depending on the strap)
- Water-resistance: 30 m/100 ft (ISO 2281)
- User replaceable battery CR2032

### **Calendar clock.**

- Resolution: 1 s
- Programmed until 2050

### **Stopwatch.**

- Stopwatch range: 99 hours
- Lap time range: 99 hours. Lap / split times: 30/log
- Resolution: 0.1 s

### **Transmitter belt.**

- Water-resistance: 20 m/66 ft.
- Weight: 61 g
- User-replaceable battery: CR2032

## **7. INTELLECTUAL PROPERTY**

### **7.1. Copyright**

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### **7.3. Patent notice**

This product is protected by the following patents and patent applications and their corresponding national rights: US 11/432,380, US 11/181,836 and EU Design 000528005-0001/000528005-0010.

## **8. DISCLAIMERS**

### **8.1. User's responsibility**

This instrument is intended for recreational use only. Suunto t1 must not be used as a substitute for obtaining measurements that require professional or laboratory-quality precision.



## **8.2. Warnings**

If you have a pacemaker, defibrillator, or other implanted electronic device, you use the transmitter belt at your own risk. Before you start using a transmitter belt, we recommend an exercise test under a doctor's supervision. This will ensure the safety and reliability of the pacemaker and transmitter belt when used simultaneously.

Exercise may include some risk, especially for those who have been sedentary. We strongly advise consulting your doctor prior to beginning a regular exercise program.

## **8.3. Limits of liability and ISO 9001 compliance**

If this product should fail due to defects in materials or workmanship, Suunto Oy will, at its sole option, repair or replace it with new or rebuilt parts, free of charge, for two (2) years from the date of its purchase. This warranty is only extended to the original purchaser and only covers failures due to defects in materials and workmanship that occur during normal use while in the period of the warranty.

It does not cover battery, battery replacement, damage or failures resulting from accident, misuse, neglect, mishandling, alteration or modifications of the product, or any failure caused by operation of the product outside the scope of its published specifications, or any causes not covered by this warranty.

There are no express warranties except as listed above.

Suunto Oy and its subsidiaries shall in no event be liable for any incidental or consequential damages arising from the use of or inability to use the product. Suunto Oy and its subsidiaries do not assume any responsibility for losses or claims by third parties that may arise through the use of this device.

Suunto's Quality Assurance System is certified by Det Norske Veritas to be ISO 9001 compliant in all Suunto Oy's operations (Quality Certificate No. 96-HEL-AQ-220).

## **8.4. After sales service**

If a claim under warranty appears to be necessary, return the product, freight prepaid, to your Suunto representative who is responsible for having your product repaired or replaced. Include your name, address, proof of purchase and/or service registration card, as required in your country. The claim will be honored and the product repaired or replaced at no charge and returned in what your Suunto representative determines a reasonable amount of time, provided that all necessary parts are in stock. All repairs that are not covered under the terms of this warranty will be made at the owner's expense. This warranty is non-transferable from the original owner.

Suunto's heart rate monitors can be registered online at [www.suunto.com](http://www.suunto.com). Registering your unit makes it quicker and easier for us to help you if you ever need to send your product for servicing, or if you need information about using your unit from our Global Help Desk.

## 9. DISPOSAL OF THE DEVICE

Please dispose of the device in an appropriate way, treating it as electronic waste. Do not throw it in the garbage. If you wish, you may return the device to your nearest Suunto representative.







## **TWO YEAR WARRANTY**

**This product is warranted to be free of defects in material and/or workmanship to the original owner for the above noted period (does not include battery life). Keep a copy of the original purchase receipt and make sure to get this warranty card stamped at the place of purchase. The warranty originates from the date of purchase.**

**All warranties are limited and are subject to the restrictions given in the instruction manual. This warranty does not cover the damage to the product resulting from improper usage, improper maintenance, neglect of care, alteration, improper battery replacement or unauthorized repair.**

**Suunto's heart rate monitors can be registered online at [www.suunto.com](http://www.suunto.com).**



## **CUSTOMER SERVICE CONTACTS**

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